LISTING OF THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

1.-6. (Canceled)

7. (New) An inner rolling platform in combination with a container,

the container comprising:

a receptacle; and

a lower convex base portion positioned inside the receptacle, the lower convex base portion having a first inclination angle, the receptacle having a peripheral ring surrounding the lower convex base portion, the peripheral ring being operable to support the container on the ground;

the inner rolling platform comprising:

a cylindrical base having a circular crown which is a peripheral area of the inner rolling platform, the cylindrical base also having a maximum operative diameter which is 10% less than an inner diameter of the supporting peripheral ring, the cylindrical base further having a shallow cupel shape and a central circular groove positioned at a center of the circular crown, the central circular groove including a central circular hole having a diameter of at least half the maximum operative diameter of the cylindrical base, the central circular groove further including an inclined circular area having a second inclination angle which is substantially identical to the first inclination angle, the inclined circular area further having a width, an outer diameter and an inner diameter, the width of the inclined circular area being demarcated by the outer and inner diameters of the inclined circular area, the width of the inclined circular area having a dimension of at least 12% of the outer diameter of the inclined circular area; and

at least four multidirectional wheels securely mounted on the circular crown in a perpendicular and symmetrical manner.

8. (New) The inner rolling platform in combination with the container according to claim 7, wherein the lower convex base portion has a length dimensioned to be 2/3 of a height of the peripheral ring, wherein the lower convex base portion further has a width and a rise, a ratio of the width of the lower convex base portion to the rise of the lower convex base portion being less than 5.25, and wherein a surface of the lower convex base portion is securely positioned adjacent to a surface of the inclined circular area by the substantially identical first and second inclination angle.

9. (New) The inner rolling platform in combination with the container according to claim 7, wherein the inner rolling platform is manufactured by a process selected from molding, assembling, cutting or deep-drawing.

10. (New) The inner rolling platform in combination with the container according to claim 7, wherein the container comprises a material selected from metal, plastic, vitreous material, ceramic, wood or fiber.

11. (New) A method of using the inner rolling platform in combination with the container of claim 7, comprising the steps of:

installing the inner rolling platform under the container by first tilting the container on the ground to a tilting angle of up to 68° with respect to the ground, wherein the container is supported on the ground during the tilting without being lifted from the ground it; next placing the inner rolling platform under the lower convex base portion of the container; and finally inserting the lower convex base portion into the inclined circular area of the inner rolling platform by returning the tilted container into a vertical position.

12. (New) A method of using the inner rolling platform in combination with the container of claim 7, comprising the steps of:

extracting the inner rolling platform from the container by first tilting the container on the ground to a tilting angle of up to 68° with respect to the ground, wherein the container is

supported on the ground during the tilting without being lifted from the ground it; next removing the inner rolling platform from under the lower convex base portion of the container, the lower convex base portion being separated from the inclined circular area of the inner rolling platform by the tilting of the container; and then returning the tilted container into a vertical position on the ground.